



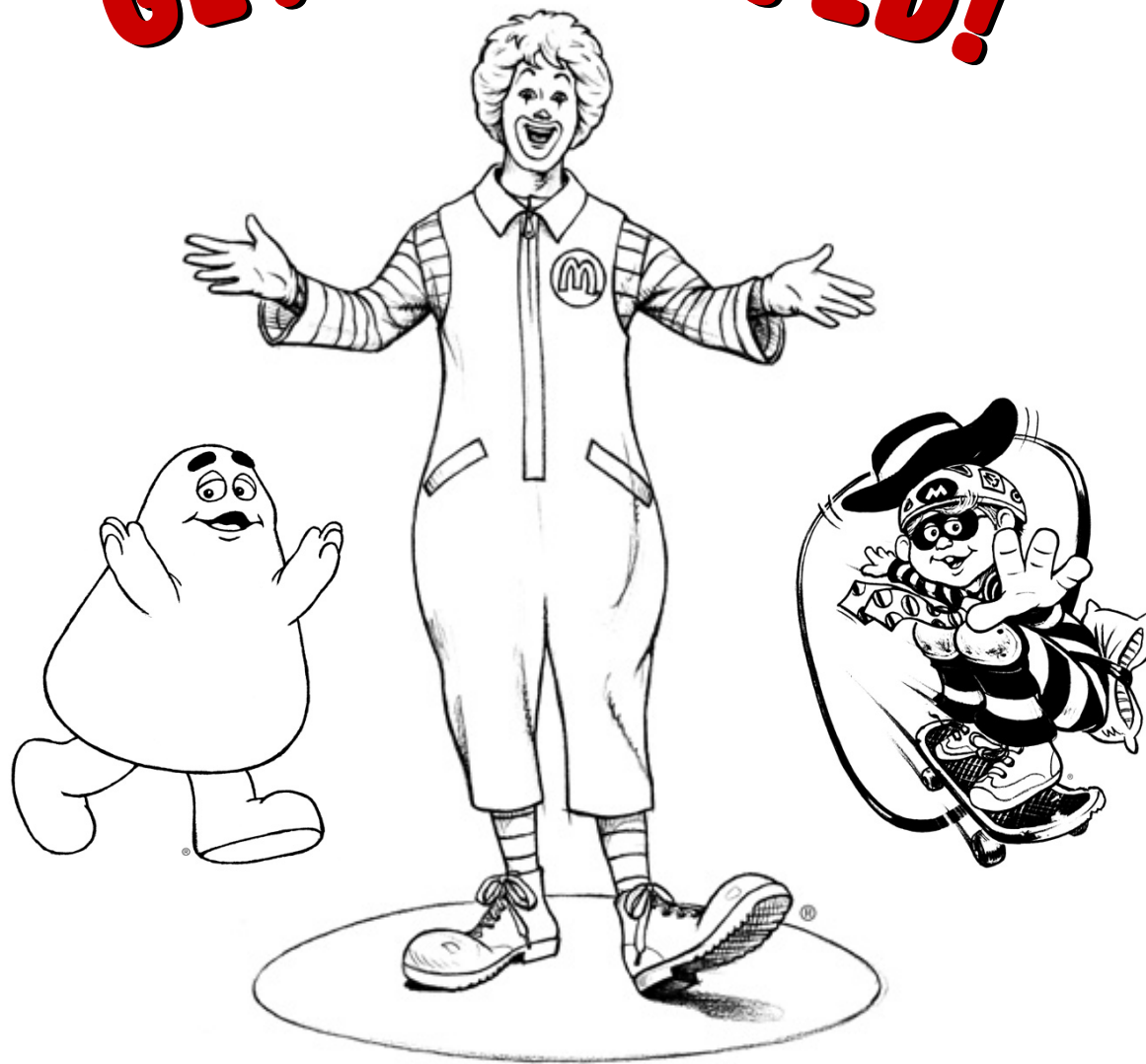
GET A PLAN!

The following list can get you started toward creating your family preparedness plan.

- ◆ Meet with household members to discuss the dangers of and how to respond to possible emergency events, including fire, severe weather, hazardous spills, and terrorism.
- ◆ Identify your safest shelter, usually a small center room away from windows during a tornado—even better, build a tornado SafeRoom. Also, Instruct household members to turn on the radio for emergency information.
- ◆ Plan to get inside a sturdy building when it storms. (You will need to avoid lightning out-of-doors and to leave mobile homes or autos in windstorms or tornados.)
- ◆ Adopt an emergency buddy, such as a close neighbor or a friend, so you can look out for each other at home, school, and work.
- ◆ Teach adults how to turn off the water and electricity at main switches.
- ◆ Post emergency contact numbers near all telephones and pre-program emergency numbers into phones with autodial capabilities.
- ◆ Teach children how and when to dial **9-1-1** to get emergency assistance and how to make long-distance telephone calls on both home and cell phones.
- ◆ Pick a friend or relative who all family members will call if separated during an emergency. It is often easier to call out-of-state during an emergency than within the affected area.
- ◆ Pick two meeting places: A place near your home and a place outside your neighborhood in case you cannot return home after an emergency.
- ◆ Take a basic first-aid and CPR class.
- ◆ Keep family records in a water and fireproof safe. Inexpensive models can be purchased at most hardware stores.

3 STEPS TO DISASTER PREPAREDNESS

GET INVOLVED!



Citizen Corps was created to help coordinate volunteer activities that will make our communities safer, stronger, and better prepared to respond to threats of crime, terrorism, and disasters of all kinds.

If you live in the Tulsa area and would like more information on the Tulsa Mayor's Citizen Corps program, complete this form and mail it to: Tulsa Mayor's Citizen Corps, Room 532, City Hall, Tulsa, OK 74103, or fax it to 918-596-7345.



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

If you live outside the Tulsa area and would like to get involved in Citizen Corps, you may visit the national Citizen Corps web site at www.CitizenCorps.gov. For more information on Citizen Corps in Oklahoma, contact Linda Soos-Davis at (405) 521-2481.



GET A KIT!

The following list includes suggested items for disaster kits.

While the "home" kit is designed to maintain a family for up to three days, the "go" kit would include a scaled-down list of the same or similar items that would fit into a backpack and would be ready if the family had to leave home in a hurry. Some people keep a prepared "go" kit in the trunk of their car. Remember, keeping it essential and practical is the goal.

- ◆ A first aid kit and prescription medications (be sure to check expiration dates).
- ◆ An extra pair of glasses or contact lenses and solution (be sure to check expiration dates).
- ◆ A list of family physicians, important medical information, and the style and serial number of medical devices such as pacemakers.
- ◆ A battery-powered radio, flashlight, and plenty of extra batteries. (If possible, get a NOAA emergency radio, too.)
- ◆ Identification, credit cards, cash, and photocopies of important family documents including home insurance information.
- ◆ An extra set of car and house keys.
- ◆ Special items for infants, the elderly, or family members with disabilities.
- ◆ At least a three-day supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Replace every six months.
- ◆ A three- to five-day supply of non-perishable packaged or canned food and a non-electric can opener.
- ◆ A change of clothing, rain gear, and sturdy shoes. Inexpensive plastic ponchos for "go" kits.
- ◆ Blankets, emergency blankets constructed of aluminized polyester, bedding, or sleeping bags.
- ◆ Tools such as screwdrivers, cutters, and scissors. Also duct tape, waterproof matches, an ABC fire extinguisher, flares, plastic storage containers, needle and thread, pen and paper, a compass, garbage bags, personal hygiene products, a whistle, and regular household bleach.



BE READY!

Web sites to help you be prepared.

The following is a list of web sites that contain valuable information for family preparedness, disaster mitigation, and emergency management.

Tulsa Mayor's Citizen Corps www.TulsaPartners.org
Citizen Corps (National) www.CitizenCorps.gov
Department of Homeland Security www.Ready.gov
USA Freedom Corps www.usaFreedomCorps.gov
Retired and Senior Volunteer Program (RSVP) www.SeniorCorps.org/joining/rsvp
Federal Emergency Management Agency (FEMA) www.fema.gov
American Red Cross www.RedCross.org
National Crime Prevention Council www.WePrevent.org
Department of Health & Human Services Centers
for Disease Control & Prevention www.cdc.gov
U.S. Fire Administration www.usfa.fema.gov
Department of Commerce www.doc.gov
Department of Energy www.energy.gov
U.S. Department of Agriculture (USDA) www.usda.gov
Department of Justice www.justice.gov
Department of Interior www.doi.gov
Environmental Protection Agency (EPA) www.epa.gov
U.S. Postal Service www.usps.gov
National Oceanic & Atmospheric Administration (NOAA) . www.noaa.gov
National Weather Service www.nws.noaa.gov
U.S. Geological Survey www.usgs.gov
Food & Drug Administration (FDA) www.fda.gov
Nuclear Regulatory Commission www.nrc.gov
National Fire Protection Association www.nfpa.org
Institute for Business & Home Safety www.ibhs.org
Humane Society of the United States www.hsus.org/disaster

Brought to you by the Mayor's Citizen Corps in Tulsa, OK, and the McDonald's Corporation.
For information about the Tulsa Mayor's Citizen Corps, or to join, call 918-596-B-RDY (2739),
e-mail CitizenCorps@CityofTulsa.org, or write to Mayor's Citizen Corps, Room 532, City Hall,
200 Civic Center, Tulsa, OK 74103.

Word Find

Each of the following words is
an item that you can put in
your disaster "go" kit.
See how many you can find!

PONCHO	FLASHLIGHT
RADIO	HOUSEKEYS
WHISTLE	BACKPACK
WATER	SNEAKERS
PHONENUMBERS	SNACKS
BLANKET	FIRSTAIDKIT



A S E D S E K S S E T L S P O
T Y N R K B L A U S T R E E S
W E H R K F A T E S E A S M B
F K I S N T E A P B L S W S D
I E E H B S S T M E K A E A C
R S O N N K O U C L T H L I A
S U N I C I N H I E E W T A L
T O D A O E O P R I T T S N U
A H N L N S O P C R A D I O C
I S K O T N T S O O E R H N R
D O H T C I N H T W E S W K R
K P T H I S N E A K E R S R O
I A O F L A S H L I G H T C H
T B A C K P A C K U U O R I S
S B H B L A N K E T K T K S F
F E E P A O A E I A S P E T P

